



NATIONAL CENTERS OF
EXCELLENCE
IN WOMEN'S HEALTH

**Programming for High School
and Undergraduate Students
Interested in Health Professions**

December 2000

OFFICE ON WOMEN'S HEALTH
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

The National Centers of Excellence in Women's Health (CoE's) were established by the Office on Women's Health, within the Department of Health and Human Services in 1996. Their mandate is to establish and evaluate a new model health care system that unites women's health research, medical training, clinical care, public health education, community outreach, and the promotion of women in academic medicine around a common mission-to improve the health status of diverse women across the life span.

During the high school and undergraduate years, many students try to direct themselves towards one path or another. Participating in internship and other educational programs within a particular field help the student grasp whether they truly like and wish to continue a current interest. This pamphlet highlights activities which the CoEs sponsor to expose high school and undergraduate students to the world of women's health.

High School Programs

- ◆ University of California at Los Angeles
Contact: UCLA Center of Excellence, 1-800-825-2631
Internet: <http://womenshealth.med.ucla.edu/>

The Iris Cantor-UCLA Women's Health Education and Resource Center, a component of the UCLA CoE, makes presentations to parent education teachers in the community on women's health issues, resources, and the professional disciplines available to young women. These parent educators in turn pass

on the information to the parents of young and adolescent girls.

- ◆ University of California, San Francisco
Contact: University of California, San Francisco Center of Excellence, 415-885-7273
Internet: <http://itsa.ucsf.edu/~ucsfcoe/main.html>

The UCSF Women's Health Resource Center has developed a comprehensive internship experience for women interested in health education. These opportunities are part of the larger UCSF CoE Women's Health Internship Program and are designed to provide exposure to all aspects of the Resource Center operations, program development, and patient education services. Since July of 1998, the Resource Center has had 18 interns ranging from high school students interested in considering health care as a field of study to college students enrolled in health education programs to a mid-career professional interested in giving back to her community.

The UCSF CoE has developed an ongoing relationship with the San Francisco unified School District by participating in the Summer School to Work program, which is conducted in partnership with the Private Industry Council. Each summer up to four high school interns work in the UCSF CoE; for many of these young men and women, this is their first professional experience. This program has led to relationships that last beyond their "work summer" and has created key community contacts for future expansion of the internship program to include a directed learning experience for high school girls.

The UCSF CoE actively participates in activities geared at increasing exposure of girls to science and medicine. One way in which they do this is by observing "Take Your Daughter to Work Day" and providing an active day filled with hands-on

activities in the clinical lab and the medical exam room as well as providing fascinating speakers during the lunch period.

The UCSF CoE co-sponsored with the For Girls Coalition the Second Annual Young Women's Conference." We are STARS...Standing Together Achieving Respect." The goal of the event was to provide a safe community for young women to express their concerns and explore issues affecting their growth and survival. The event was planned and hosted by young women from all areas of San Francisco. Over 300 girls participated in this event.

The UCSF CoE Internship Program exposes young people to the various fields of women's health. The program provides specific activities in which young people can participate as they learn and develop their interests and open their minds to the wealth of opportunities available to them. The program introduces interns to outside resources they may not have previously encountered, including organizations and individuals in their area of interest, as well as new ideas and possibilities. The Internship Program also helps young people of a variety of age ranges and academic levels to gain hands on work experience in the various fields of women's health. In return, the UCSF CoE is able to develop ties with diverse communities from which interns are selected, and gains the enthusiasm and dynamic insights of young people who are interested in learning about women's health. The broad age range and /racial/ethnic diversity of interns allows for a large degree of informal cross-age mentoring and social support for these young people. The UCSF CoE Internship Program is open to high school, undergraduate, graduate, and professional school students as well as recent graduates of all academic levels. Since the inception of this program in October 1996, over 110 interns have been placed with the UCSF CoE.

◆ Harvard University

Contact: Harvard Medical School's Center of Excellence,
617-732-8798

Internet: <http://www.hmcnet.harvard.edu/coe/>

Tobin School: Ten years ago, the Brigham and Women's Hospital and the Tobin School relationship formed as a way to address the visible poor health conditions, and the need for strengthened resource accessibility for the community. Parent liaisons hired by the hospital were able to initiate a link between the Tobin parents and administration, as well as between the school and hospital staff and administration. As part of an initiative to improve literacy a take-home library program and an employee reading program (The Brigham Book Buddies) were formed. The Tobin Middle School Transition Project also was developed to help students develop a positive self-image, establish and maintain supportive peer relationships, and resolve social and emotional concerns connected to the middle school years in order to facilitate the student's transition into high school. This project also includes a summer jobs component, which intends to help foster students' enthusiasm and appreciation for work. One of the main goals of the summer jobs component of the Transition Program is to build health career knowledge and promote core job skills for eighth graders at the Tobin School. These goals are approached with special attention to the social and emotional needs of adolescents. This summer work program is offered to all eighth grade graduates before their first year of high school. Participants spend six weeks of the summer working at the Brigham and Women's Hospital.

Student Success Partnership: *The Student Success Partnership* (SSP) is a collaborative effort on behalf of the Brigham and Women's Hospital, Partners HealthCare System, Northeastern

University, Simmons College, and the Boston Public School System to increase student academic success in Cluster 4 schools. After a busy first year of data collection including student, teacher and administrative focus groups and interviews, the SSP has begun to implement specific programs which seek to match students' expressed needs with existing health and educational institutions. A student jobs program for high school students will be launched in September/October in an effort to increase students' interest in higher education and/or health careers after graduation. Tutoring and mentoring programs are in the planning stages through Northeastern and Simmons University, as well as a mental and behavioral health initiative, which intends to address the disciplinary needs in classrooms, improving the overall educational environment for all Cluster 4 students.

Jovenes Latinos Pro Salud: *Sociedad Latina* is Boston's only Latino/a youth agency which serves as a human service center exclusively for the Latino/a community, in particular youth in the Mission Hill area. Two years ago, *Sociedad Latina* established *Jovenes Latinos Pro Salud*, an employment and education program that integrates hands-on work opportunities with classroom activities that is specifically geared toward eleventh and twelfth grade Latinos in the Boston Public School System. Fourteen Latino/a youth are participating in this program which consists of 3.5 hours/day working in their Brigham department placement, assisting in daily projects and developing their personal Cultural Competency Project. In addition they participate in computer training, a life skills workshop, health careers seminars and discussion and work periods. At the end of the summer, students will be certified in CPR, JCAHO Safety and Universal Precautions and Basic Computer Education. Each student produces a written report, which can be included in her/

his portfolio, and she/he may receive school credit for their summer project.

Protech (Gil Reppucci): *ProTech* evolved from the 1982 Boston Compact, in which members of the business community agreed to give hiring priority to Boston Public School students in return for a system-wide commitment to improve academic performance and reduce the drop-out rate. *ProTech* is a multi-year school-to-career program and it encompasses several leading industries including financial services, utilities and communications, business services and health-care. The mission of *ProTech* is to integrate classroom and work-based learning. *ProTech* students spend their junior and senior years of high school and at least two-years of college learning and developing the skills that will enable them to be competitive and successful in school and work. Each high school has a school-based *ProTech* Coordinator who manages the program and works with their designated employers. It is a program of the Private Industry Council (PIC).

The Minority Faculty Development Program at Harvard Medical School hosted the Southern New England Regional Junior Science and Humanities Symposium (JSJS). Approximately 200 high school students presented papers and posters. The symposium included lectures by Harvard faculty, site visits to HMS laboratories and affiliated hospitals, and networking and mentoring opportunities.

Harvard Medical School sponsors a "Basic Science Partnership Program." Twelve high school students from two local schools are invited to explore the science center and discover how to approach basic scientific questions. This discovery is made through demonstrations and discussions. Davis Vactor, Ph.D., Assistant Professor in the Department of Cell Biology began this

outreach project in order to augment the science curriculum of neighboring public schools in order to show students how science actually works by complimenting their classroom work. Students are paired with mentors from the Harvard Medical School graduate program for Biological and Biomedical Sciences and from Harvard Medical School laboratories. The program also helps increase the high schools' resources internally and externally by allowing the schools to borrow equipment and people to teach research methods. Students learn first-hand how to set up experiments, perform gel electrophoresis, operate various microscopes, decipher the DNA sequence, and connect science to a career path. Their science curriculum is enriched by in-depth explanations of model systems, DNA, genetics, record-keeping, and experimental design and follow-through. A web page has been constructed to serve as a resource for area schools.

◆ University of Illinois at Chicago

Contact: University of Illinois at Chicago Center of Excellence,
312-413-1924

Internet: <http://www.uic.edu/orgs/womenshealth>

The UIC CoE is beginning to collaborate with Chicago West Side schools to expose students to health careers.

◆ Indiana University School of Medicine

Contact: Indiana University National Center of Excellence,
317-630-2243

Internet: <http://www.iupui.edu/~womenhlt>

This year's Fall Mini-Medical School, affiliated with the Indiana University CoE, is dedicated to women's health. This is presented for a lay audience, and free passes will be distributed to selected high school students around Indianapolis to attend the series.

The Indiana University CoE serves as a site of summer clinical and research experiences for interested high school students.

Through collaboration with Girls Inc., affiliated with the Indiana University CoE, information concerning tobacco abuse and smoking cessation are provided to girls and adolescent women.

A modification of the CD-ROM on domestic violence, targeted to girls and adolescents, is in preparation and will be presented at Girls Inc., and at the Ruth Lilly Health Education Center which is also affiliated with the Indiana University CoE.

◆ MCP Hahnemann University

Contact: MCP Hahnemann Center of Excellence,
215-842-7041

Internet: <http://www.mcphu.edu/institutes/iwh/coe.htm>

The Center of Excellence is represented on the Philadelphia Board of Advisors of the National Youth Leadership Forum, an organization providing national high school scholars who express an interest in medicine with an opportunity to learn about careers in healthcare. Two to three summer programs are offered each year in Philadelphia which include visits to medical schools and hospitals, in addition to an intense schedule of workshops and lectures.

Glenda Donoghue, M.D., CoE Director, was keynote speaker for National Youth Leadership Forum/ Medicine on July 11, 2000. Her presentation described the increasing role of women in medicine, the growth of women's health and the importance of a lifetime commitment to sensitive and meaningful communication with patients.

MCP Hahnemann University has developed a Health Explorers Post, providing monthly meetings that include presentations from a variety of health care professionals. Thirty students from 20 different high schools participated in the 1999-2000 program. Evaluations indicate that Explorers encourages high school youth to prepare for higher education, and creates interest in health careers not previously considered.

Take Our Daughters to Work Day is a University-wide program providing shadowing and mentoring experiences to “adopted” daughters from area high schools, as well as daughters of faculty and staff.

Shadowing Day provides opportunities to youth from area high schools to spend the day at work one-on-one with volunteer mentors from the University’s laboratories, offices, and clinical sites.

◆ University of Michigan Health System

Contact: University of Michigan Center of Excellence,
734-763-0984

Internet: <http://www.med.umich.edu/whrc/ctr.excel.html>

The Women’s Health Program sponsored the First Annual Women’s Health Day. The event was held May 27, 1998 at the Washtenaw Community College, Morris Lawrence Building. The opening speaker was former State Representative, Maxine Berman, founder of the Michigan Women’s Health Advocacy Network. The Keynote Address was given by Michelle Engler, J.D., first lady of Michigan. Over two hundred women of all ages participated in the lectures workshops and resource fair. No admission fee was charged and all conference materials were given to participants at no charge.

Own Your Own Program. The Women's Health Program and Adolescent Health Program are committed to investing in the future of our youth. The "On Your Own" program is an innovative approach to health education that provides a look at the life and health issues facing today's young people as they enter the world of college and career. Over 150 local high school senior women attended the conference and had the opportunity to obtain valuable health information and engage in frank and open discussions on issues affecting their lives. Program topics included: It's Your Body; Nutrition; Drug, Alcohol and Tobacco Use; Relationships; and Taking Responsibility for Your Life.

Youth Mentoring Program. This program, a national initiative, is designed to link hospitals and communities to mentor, advise, and provide resources for students to achieve academic success in high school and beyond. One-on-one relationships between health care professionals and students are formed, and students are provided opportunities for career exploration and job "shadowing" both inside and outside the health care field. Various members of the Women's Health Program have served as mentors to students involved in the program.

- ◆ Tulane and Xavier Universities of Louisiana
Contact: Tulane Xavier Center of Excellence, 504-585-6156
Internet: <http://www.tulane.edu/~tuxcoe/NewWebsite/>

Tulane University Health Sciences Center participates in the Health Professions Partnership Initiative program. The overall goal of this program is to establish a broad-based, comprehensive health professions pipeline that guides minority students from middle and high school through college and into careers in the health professions. This is accomplished by creating awareness, and developing skills needed to successfully compete, enter and graduate from health profession schools. The program targets

middle school, high school and college students, teachers at all three levels, and parents by providing immersion experiences, research opportunities, mentoring programs, faculty development workshops, parental involvement programs, and varied educational activities and planning. The program has the full support of the Tulane faculty who expressed their interest and commitment in a recent interest survey conducted by the center. More than 90% of the respondents (N=88) are willing to participate in one or more of the following: shadowing, research preceptor, mentorship, school presentation, big brother/big sister, and community advocate.

- ◆ Wake Forest University Baptist Medical Center
Contact: Wake Forest Center of Excellence, 336-713-4220
Internet: <http://www.wfubmc.edu/women>

A volunteer program has recently been implemented in the Center of Excellence. This program is in conjunction with the general Wake Forest University Baptist Medical Center volunteer program, which includes a program for college students and the Summer Volunteer Program.

The Center of Excellence tries to promote high school students to take an active role in learning about women's health. Wake Forest offers summer employment opportunities within the Center of Excellence.

The WHCoE web page was developed to provide information to the community regarding women's health and the events the WHCoE is sponsoring. It also contains a directory of community resources to provide those who access our web page a list of educational and community programs related to women's health within Forsyth County and North Carolina. Over fifty sites are listed with a program description and contact

information. Sites specific to adolescents and teens include:

— Baby Love, Birthright, Emergency Contraception World Wide Web, Empowering Family Center, GirlPower!, Planned Parenthood of the Triad, Salem Pregnancy Care Center, Salem College Women's Studies, Teen Talk, WISH (Women's and Infant's Services for Health), University of North Carolina, Greensboro Women's Studies Program, and the Wake Forest University Women's Studies Program.

- ◆ University of Washington, Seattle
Contact: UW Center for Excellence, 206-598-8991
Internet: <http://depts.washington.edu/uw98coe>

The Center for Women in Science and Engineering (WISE) presented the Tenth Annual Women in Science and Engineering Conference held at the University of Washington, Seattle. Sessions were held on "Career Pathways in Engineering," "Career Pathways in Science," "The Moral of the Story: Ethical Dilemmas," "Developing Networking Skills: Workshop," "Creating Your Own Pathway: Women Owned Businesses," "Taking a Leadership Role: Students in Actions," "Finding What Works for You: Workplace Options," "Building Women's Networks in the Workplace," and "Successfully Navigating Your Academic Path." A career information fair was also held. The conference was targeted at high school students, college students, faculty, staff, and professionals.

The University of Washington held a Health Sciences Open House at the Health Sciences Center. High school groups were scheduled for the morning hours. A specific career circuit was established with 15 exhibits on careers in health sciences and health professions educations.

◆ University of Wisconsin-Madison

Contact: University of Wisconsin Center of Excellence,
608-267-5566

Internet: <http://www.womenshealth.wisc.edu/>

The University of Wisconsin Medical School has two summer programs for minority and under-represented high school students interested in science and health professions. One of these, the NASA/SHARP PLUS program, attracts high school participants nationwide, and is a residential summer program. The other program, the UW Research Apprentice Program, is specifically for local high school students. Students are assigned mentors on the UW campus, and spend time completing a research project under the mentor's guidance. They also participate in group activities and field trips, design their own web pages, and learn how to present scientific research. Members of the UW CoE team have mentored students in these programs for the past decade. For the past two years, students in these programs have worked in the CoE helping to develop web pages for teens. Gloria Hawkins, Ph.D., Assistant Dean for minority affairs administers this program in the Medical School.

College Programs

◆ University of California at Los Angeles

Contact: UCLA Center of Excellence, 1-800-825-2631

Internet: <http://womenshealth.med.ucla.edu/>

The CoE hosted highly recruited undergraduates students who were admitted to the UCLA medical school class and introduced them to the functions of the CoE.

Ms. Cindy Moskovic and Dr. Jodi Friedman, key UCLA CoE Personnel, expanded the UCLA undergraduate course "Topics in

Women and Medicine.” This course is multidisciplinary and serves educate on important women’s health topics and to introduce undergraduates to role models in many health care fields. Some of the areas touched upon are medicine, nursing, social work, and public health. The course structure is composed of a mixture of formal lectures and informal open discussions.

The Director of the Women’s Health Education and Resource Center serves as a mentor to undergraduate and graduate social work interns who do a comprehensive, nine month internship at the center.

- ◆ University of California, San Francisco
Contact: University of California, San Francisco Center of Excellence, 415-885-7273
Internet: <http://itsa.ucsf.edu/~ucsfcoe/main.html>

The UCSF Women’s Health Resource Center has developed a comprehensive internship experience for women interested in health education. These opportunities are part of the larger UCSF CoE Women’s Health Internship Program and are designed to provide exposure to all aspects of the Resource Center operations, program development, and patient education services. Since July of 1998, the Resource Center has had 18 interns ranging from high school students interested in considering health care as a field of study to college students enrolled in health education programs to a mid-career professional interested in giving back to her community.

The UCSF CoE has been involved with UC-B students as women’s health interns since 1996. In spring of 1998 specific initiatives were made with the Undergraduate Advising office of the Molecular and Cellular Biology department, the Career Planning and Placement office and the School of Public Health.

Faculty experts from the School of Public Health, the Department of Neurology and the School of Social Work participated in Bench-to-Bedside forums as delegates, presenters and key informants as conference documents were developed.

The UCSF CoE continues to be involved with supporting the women's health activities at the University of San Francisco by providing speakers for their Health Awareness Month as well as individual classroom and as hoc lectures and events. In addition, work study opportunities in women's health for USF undergraduate students have been created within the UCSF CoE.

The UCSF CoE has developed a partnership with the Westmont College Urban Program. Westmont College is a private four-year fully accredited college of the arts and sciences located in Santa Barbara, California. The Urban Program evolved from the recognition that much significant learning take place outside the classroom in education through practice and application. The Urban Program provides for student participation in off-campus experience where direct involvement with practical problems can promote the learning process. The UCSF CoE provides field placement for students who wish to contribute to an area of their academic knowledge, to apply the theory in their discipline, and to positively contribute to an area of community need. As many of the students from the program come from affluent and/or sheltered environments, the purpose of the field placement is to make these individuals more aware of the problems and disadvantaged in an urban environment and to help them gain a better understanding of the role they play in promoting health and social justice.

The UCSF CoE has established a strong relationship with the Health and Community Education Program at San Francisco

State University (SFSU). Students from this program have the opportunity to spend a 16-week internship within the Women's Health Resource Center of UCSF Women's Health and to participate in internship project work with the UCSF CoE. In addition, because of the rich ethnic diversity of SFSU, the UCSF CoE has been able to develop a group of bi-lingual/bi-cultural health educators to translate and evaluate patient education materials.

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◆ University of Illinois at Chicago

Contact: University of Illinois at Chicago Center of Excellence,
312-413-1924

Internet: <http://www.uic.edu/orgs/womenshealth/>

The CoE sponsored a Women's Health presentation to the University of Illinois, Chicago undergraduate Honors students. The presentation was on "Profiling Low-Income, Culturally Diverse Women at Risk for Type 2 Diabetes.

◆ Indiana University School of Medicine

Contact: Indiana University Center of Excellence,
317-630-2243

Internet: <http://www.iupui.edu/~womenhlt/>

A new course in Women's Biology was offered for undergraduates at IUPUI during the spring semester of 1999. The course was directed by Professor Florence Juillerat of the Department of Biology in the School of Science in collaboration with Drs. Zerr, Hood, and Fife, Dr. Margaret Watanabe, Department of Obstetrics and Gynecology, and the IUPUI Women's Studies Program. Twenty students enrolled, and the attendance at each lecture was virtually 100%. Guest lectures were given by Drs. Zerr, Hood, Fife, and Watanabe, and Ms. Ann Delaney, Director of the Julian Center for Women Victims of Domestic Violence. The course was very well received and will be repeated each spring. It also will be offered on the Internet.

The CoE has been sponsoring a monthly conference for all interested persons on campus and in the community. Topics include a variety of women's health issues, and lunch and CMEs/CEUs are provided. The topics and speakers for 1998-99 included:

- October, 1998—Rose S. Fife, M.D.— “What is the National Center of Excellence in Women’s Health?”
- November, 1998—Elisabeth Von der Lohe, M.D. (Medicine/Cardiology)— “Cardiovascular Disease in Women”
- January, 1998—Marguerite Shepard, M.D. (Ob/Gyn)— “Management of Menopause”
- February, 1999— Kenneth H. Fife, M.D., Ph.D. (Medicine/Infectious Diseases)— “Acute and Long-Term Sequelae of Sexually Transmitted Diseases in Women”
- March, 1999— Michael Econs, M.D. (Medicine/Endocrinology)— “Prevention and Management of Osteoporosis”
- April, 1999— Stephen Jay, M.D. (Medicine, Public Health)— “Smoking and Women”
- May, 1999— Victoria Champion, D.N.S. (Associate Dean, IU School of Nursing)— “Breast Cancer Screening”
- June, 1999— Marilyn Graham, M.D., Ph.D. (Ob/Gyn)— “Contraception and Pregnancy in Adolescents”

This very successful lecture series will be continued each school year (September-June), with new speakers and topics. The tentative schedule for the 1999-2000 included:

- Robert Goulet, M.D. (Surgery)— “The Evolution of the Management of Breast Cancer”
- Ora Pescovitz, M.D. (Pediatrics, Endocrinology)— “Disorders of Pubertal Development”

- Ann Zerr, M.D. (Medicine)— “Urinary Incontinence”
- Margaret Blythe, M.D. (Pediatrics/Ob-Gyn)— “Behavior of Adolescent Girls”
- Angela Barron McBride, Ph.D. (Dean, IU School of Nursing)— “Developing a Women’s Health Agenda”
- Ann Delaney, J.D. (Julian Center)— “Domestic Violence”
- David Moore, M.D. (Obstetrics/Gynecology)— “Recognition and Management of Ovarian Cancer”
- Rose S. Fife, M.D. (Medicine)— “Arthritis in Women”

The IU School of Medicine’s telemedicine activities encompass a variety of distance learning initiatives, which are integral to the School’s operations and strategic planning. Telemedicine and the telecommunications technologies, directed by the Medical Education Resources Program/Division of Continuing Medical Education (MERP/CME) under the aegis of the Dean of the School of Medicine, are part of the School’s comprehensive vision of distance learning at all levels of medical education, including undergraduate, graduate, and continuing medical education. One opportunity that particularly pertains to undergraduate usage is:

- Indiana Higher Education Telecommunications Systems (IHETS) educational programs, which includes diverse programming (*e.g.*, international, interactive teleconferences in health and medicine) that can be distributed to a variety of health care sites on the IUPUI campus, as well as 32 other hospitals and health care sites around the city and state.

◆ University of Michigan Health System

Contact: University of Michigan Center of Excellence,
734-763-0984

Internet: <http://www.med.umich.edu/whrc/ctr.excel.html>

The Women's Health Program sponsored the First Annual Women's Health Day. The event was held May 27, 1998 at the Washtenaw Community College, Morris Lawrence Building. The opening speaker was former State Representative, Maxine Berman, founder of the Michigan Women's Health Advocacy Network. The Keynote Address was given by Michelle Engler, J.D., first lady of Michigan. Over two hundred women of all ages participated in the lectures workshops and resource fair. No admission fee was charged and all conference materials were given to participants at no charge.

University of Michigan Center for Learning through Community Service awarded the Women's Health Program a grant in the amount of \$1000 for the development of a community service learning seminar that provides undergraduate students with opportunities to work in women's health experiential learning placement in the community.

University of Michigan Undergraduate Research Opportunity Program (UROP) has awarded the Women's Health Program a grant in the amount of \$3400 to develop research and experiential learning placements that will offer students opportunities to work closely with medical personnel and hospital staff, as well as community organizations, on issues related to women's health and well-being.

The Women's Health Program partnered with the UM Center for Community Center for Community Service and Learning, Undergraduate Research Opportunities Program (UROP), and

the Women's Studies Program for three concurrent semesters of practicum courses in women's health. Over 40 undergraduate students participated in community and hospital placements to obtain hands-on experience in the fields of women's health. The Women's Studies Department, Career Planning and Placement, and the Women's Health Program also co-sponsored several events aimed at introducing students to the multitude of opportunities available in the field of women's health after graduation. Speakers from different discipline in women's health offered their career stories and advice to undergraduate and graduate women.

The University of Michigan's undergraduate women's studies program offers a number of classes focusing on women's health:

- Women's Studies 220: Introduction of Women's Health: This course examines women's health issues, across the lifespan, from feminist and socio-cultural perspectives. It explores the social constructions of women's sexuality, reproductive options, health care alternatives, and risks for physical and mental illness. Attention is paid to historical, economic, and cultural factors which influence the physical and psychological well-being of women.
- Women's Studies 350: Women in the Community. This is a four credit course that combines a five hour per week community work experience with a theoretical analysis of women's roles in society. The Women's Health Resource Center sponsored several internship placements for students enrolled in this course. In addition to filling information requests at the WHRC, students took on their own personal projects, such as a library organization binder project or the beginning of a video cassette catalogue. Personal goals were set by each of the students at the

beginning of the semester and the completion of these goals was evaluated at the end of the term.

- Women's Studies 400: Women's Reproductive Health: This course explores the current biomedical understanding of major conditions affecting the reproductive health of women, e.g., pregnancy attitudes regarding sexuality and voluntary termination of pregnancy. The students participate in scientifically rigorous critiques of current research in women's reproductive health. Major emphasis is placed on developing critical thinking skills and self-care capabilities in order to educate and empower students to become proactive within the health care system.
- Women's Studies 483: Women's Health Practicum: This course addresses the many ways in which one could plan for a career in women's health. To allow students to gain perspectives on the field, the course offers lectures from women's health professions, discussion forums, as well as a one hour a week practicum component. The goals of this course are: (1) to work on a multi-disciplinary women's health topic that will have: community outreach, advocacy, clinical research, and patient education components; (2) to place students in a hands-on learning environment to explore areas of women's health; (3) to initiate community service learning and foster community consciousness and commitment among future health professionals; and, (4) to encourage students to explore women's health through experiential learning.

Know Your Resources. This program was designed to connect the student community in Ann Arbor with the available community resources. The aim of the program is to acquaint students with various health and wellness organizations through

and evening of fun. It was developed in collaboration with the resident advisors from various residence halls on the University of Michigan Campus.

Alternative Spring Break Multi-Site Health Training. This was a collaborative effort between the Women's Health Program and Project SERVE, a student run community service department. Undergraduate students, volunteering to spend the week of their spring break performing community service, attended a three-hour training sessions and heard from a panel of speakers about issues that affect the health of communities.

Health Services Management Summer Enrichment Program for Undergraduate Minority Students. In an effort to increase opportunities in health administration and policy for members of minority groups, a summer administrative internship program is offered through the University of Michigan School of Public Health Department of Health Management and Policy. Paid Placements in various hospitals and health care organizations are available. In addition to involvement from various departments within the University of Michigan Health System, students involved in the program have the opportunity to spend a month rotation with the Women's Health Program.

◆ University of Puerto Rico

Contact: University of Puerto Rico Center of Excellence,
787-753-0090

Internet: <http://www.rcm.upr.edu/2klwhc/>

A student from the College of Health Related Professions, Health Education undergraduate program did her semester of practice at the Center. During the previous semester she designed an educational program addressing the educational needs of the CoE Clinic that she implemented during her

practice semester. The educational program that she implemented was a series of modules offered to a group of 15 women once a week. A presentation initiated conversation among the participants. Some of the topics were “Know Yourself Better,” “Being a Woman and Living a Healthy Life,” “A Healthy and Pleasing Sex life,” “All You Should Know and are Afraid to Ask About Breast Cancer,” and “PAP Test: Once a Year for a Lifetime.” All talks were presented by the student (planning and approval by CoE associate director and Health Education Program mentor), except for the conference on PAP smear, which was offered by a young professor from the Graduate Certificate in Cytology Program of the College of Health Related Professions. The student also received mentoring from Ms. Delgado, CoE librarian, who provided counseling and bibliographical resources for the development of the topics for the modules presented. In addition, the student was assigned to work on a conference for 101 women incarcerated at a local prison. Students from the School of Pharmacy had approached the CoE with this project and they accurately suggested that the activity would provide the intern with the opportunity to plan and develop an educational conference on general aspects of women’s health, as well as providing her an excellence experience in delivering a conference to a large audience.

◆ Tulane and Xavier Universities

Contact: Tulane Xavier Center of Excellence, 504-585-6156

Internet: <http://www.tulane.edu/~tuxcoe/NewWebsite/>

Dr. William Steinmann, Director of The Tulane Center for Clinical Effectiveness and Prevention and Research Core Director for TUXCOE has established the Summer Health Science Internship Program for undergraduates in partnership with University of Louisiana Systems. Students eligible for

participation come from the seven member colleges and universities of the system. The program is also open to students from Xavier University. Interns spend 8-10 weeks in the labs of participating faculty members in schools and departments of Tulane University Medical Center. This summer is our first year, and we have two interns. Dana Leblanc, an undergraduate from Northwestern University of Louisiana, is working in the lab of Dr. Kent Buchannan in a study that would investigate the interaction of *Cryptococcus neoformans* with endothelial cells of brain blood vessels. Chantell Bailey, a senior from Xavier University is working with Dr. William Steinmann to investigate whether age, especially being elderly, has a negative effect on treatment decisions and thus on health outcomes in the elderly population. The plan starting next year is to host 8-10 interns each summer. The program introduces interns to outside resources they may not have previously encountered, including organizations and individuals in their area of interest, as well as new ideas and possibilities. The program spans research across the spectrum of health professions including faculty in both the School of Public Health & Tropical Medicine, and School of Medicine.

Tulane University Health Sciences Center participates in the Health Professions Partnership Initiative program. The overall goal of this program is to establish a broad-based, comprehensive health professions pipeline that guides minority students from middle and high school through college and into careers in the health professions. This is accomplished by creating awareness, and developing skills needed to successfully compete, enter and graduate from health profession schools. The program targets middle school, high school and college students, teachers at all three levels, and parents by providing immersion experiences, research opportunities, mentoring programs, faculty

development workshops, parental involvement programs, and varied educational activities and planning. The program has the full support of the Tulane faculty who expressed their interest and commitment in a recent interest survey conducted by the center. More than 90% of the respondents (N=88) are willing to participate in one or more of the following: shadowing, research preceptor, mentorship, school presentation, big brother/big sister, and community advocate.

- ◆ Wake Forest University Baptist Medical Center
Contact: Wake Forest Center of Excellence, 336-713-4220
Internet: <http://www.wfubmc.edu/women>

A volunteer program has recently been implemented in the Center of Excellence. This program is in conjunction with the general Wake Forest University Baptist Medical Center volunteer program, which includes a program for college students and the Summer Volunteer Program.

The Center of Excellence sponsors an internship program in conjunction with the Wake Forest Women's Studies Program. Undergraduate students work in a variety of areas related to women's health and have the opportunity to work on projects within the Center of Excellence.

Wake Forest University, Reynolda campus, offers a variety of undergraduate courses which specifically address women's health. These courses include *Gender in the Year 2000*, *Writing and Women's Issues*, *Fathers and Daughters*, Independent Study, Internships, *Human Sexuality*, *Marriage and the Family*, *Sociology of the Family*, *Race and Ethnic Relations*, *Women and Reproduction*, *Psychology of Gender*, *Male and Female Roles in Society*, and *Women in Professions*. A combined graduate and undergraduate course focusing on women's health issues is expected to be offered in the Spring 2000 semester.

Women's health has been incorporated into the curriculum for undergraduate students who are studying healthcare research and clinical care.

WHCoE members support efforts geared at promoting women in science. Dr. Nancy Jones, Leadership Program member, participated in the Glaxo Wellcome Women in Science Scholars, which awards scholarships and laptop computers to undergraduate women at small universities. Dr. Jones participated on a panel discussion entitled "Interviews for Graduate Education." Students are paired with women at Glaxo Wellcome and spend two days a year at the Glaxo campus with their mentor.

Assistant Director, Shellie Ellis and Center Coordinator, Kim Wagoner presented "Rx for Gen X Women" to Salem College students during their Spring Health Fair. This seminar teaches college age women about health policy, disease prevention and other health issues that affect them.

The WHCOE is working to strengthen the ties between Wake Forest University Baptist Medical Center and the undergraduate campus, Wake Forest University. A task force is being developed that will focus on cross campus collaboration. The task force will explore activities that will bring the two institutions together to collaborate on research initiatives and provide educational and clinical opportunities for students and faculty through the WHCOE.

The Education Program is working with the Winston-Salem/Forsyth County Schools to improve the curriculum on teen health. An intern from the University of South Carolina will be working with the Education Program to identify areas within the current curriculum that will be enhanced including substance

abuse, teen pregnancy, and violence. The intern will also conduct focus groups with area teens.

The WHCoE has become very active with the Wake Forest Women's Studies Program, and now offers students the opportunity to work at the WHCOE. Approximately 4-5 undergraduate college students choose to work with the WHCOE each semester. We also encourage high school students to learn about women's health by offering summer employment within the WHCoE. Some of the past projects that these students worked on include:

- Assisting in the development of the WHCOE Manual of Procedures
 - Developing the first community mailing
 - Assisting in the coordination of the Menopause Discussion Group
 - Organizing the Resource Library
 - Reviewing textbooks for gender bias
 - Developing a chat room on eating disorders for college age women
 - Developing and coordinating a soy cooking demonstration for the community
- ◆ University of Washington, Seattle
Contact: UW Center for Excellence, 206-598-8991
Internet: <http://depts.washington.edu/uw98coe>

The CoE has a summer internship program for undergraduate students. Funding for this position is provided by the federal

government's work study program for students on financial aid. Tesmerelan Atsbeha from Brown University was selected for the Summer 2000 position. She focused on developing community outreach. Other student workers are hired as needed. Timieko Robinson, a junior at the University of Washington, was hired to assist the CoE Program Assistant.

The Center for Women in Science and Engineering (WISE) presented the Tenth Annual Women in Science and Engineering Conference held at the University of Washington, Seattle. Sessions were held on "Career Pathways in Engineering," "Career Pathways in Science," "The Moral of the Story: Ethical Dilemmas," "Developing Networking Skills: Workshop," "Creating Your Own Pathway: Women Owned Businesses," "Taking a Leadership Role: Students in Actions," "Finding What Works for You: Workplace Options," "Building Women's Networks in the Workplace," and "Successfully Navigating Your Academic Path." A career information fair was also held. The conference was targeted at high school students, college students, faculty, staff, and professionals.

- ◆ University of Wisconsin-Madison
Contact: University of Wisconsin Center of Excellence,
608-267-5566
Internet: <http://www.womenshealth.wisc.edu/>

As an invited alumna panel member, one of the members of the UW CoE addressed current undergraduates majoring in the sciences at Beloit College's "Girls and Women in Science" weekend conference.

The UW CoE has sponsored undergraduate interns from Beloit College for the past two years. In 1999, Rebecca McCoy assisted with the completion of the WI Department of Health and

Family Services. In addition, she helped develop the web page for kids and teens. Amy Sapp, the 2000 intern, has been working with the WI Women's Health Officer to help her create a web page. She has also been involved in projects with the state Minority Health Officer.

The CoE at the University of Wisconsin routinely hires undergraduate students for a variety of tasks. These may include outreach efforts, research, or clerical needs. During the summer of 2000, we will have one student working on a healthcare needs assessment in the Latina community with our Outreach Director; one student working with a CoE research faculty member using data from some of the WI Indian tribes; and one student assisting with clerical duties around the Center and helping to organize our Fall conferences.

◆ Yale University

Contact: Yale Center of Excellence, 203-688-5180

Internet: <http://info.med.yale.edu/womenshealth/>

Yale sponsors an email mentoring program in which female undergraduates interested in academic medicine are matched with women faculty from the School of Medicine. The program began as the pilot "Mentor-Net program" in December 1998. The program was developed in order to address the undergraduate need to speak with female physicians and scientists in order to help discuss issues such as planning career paths and maintaining a balance between their family and their career.

Yale's undergraduate program offers a Women's Health course in their Women's and Gender Studies Program. In 1998, the department made it a requirement for certain tracks within the major. Overall, approximately 90 students enroll in the course

each year . The purpose of the course is to introduce important women's health topics, particularly touching on topics from the areas of women's research and health policy, reproductive health and sexuality, body image, and international women's health issues, during the undergraduate years. This course incorporates faculty from several of related professional schools as well as Faculty from the Arts and Sciences.

**NATIONAL CENTERS OF EXCELLENCE IN WOMEN'S HEALTH
DECEMBER 2000**

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- University of California at Los Angeles, Los Angeles, CA, Phone:
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- University of California, San Francisco, San Francisco, CA,
Phone: 415-885-7273, Internet: www.itsa.ucsf.edu/~ucsfcoe/
- Harvard University, Boston, MA, Phone: 617-732-8798,
Internet: www.hmcnet.harvard.edu/coe/
- University of Illinois at Chicago, Chicago, IL, Phone:
312-413-1924, Internet:
www.uic.edu/orgs/womenshealth/index.html
- Indiana University School of Medicine, Indianapolis, IN, Phone:
317-274-2754, Internet: www.iupui.edu/~womenhlt/
- Magee Womens Hospital, Pittsburgh, PA, Phone:
412-641-6003, Internet: www.magee.edu/cewh2.htm
- MCP Hahnemann University, Philadelphia, PA,
Phone: 215-842-7041, Internet:
<http://www/mcphu.edu/institutes/iwh>
- University of Michigan Health System, Ann Arbor, MI, Phone:
734-763-0984, Internet: www.med.umich.edu/whrcctr.excel.html
- University of Pennsylvania, Philadelphia, PA, Phone: 215-898-0147,
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**OFFICE ON WOMEN'S HEALTH,
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